

Encourage kids to explore garden

When grubby little hands grip your pant leg as you head for the garden, put them in the soil and they may dig up a lifetime of learning and pleasure.

"One of the keys to getting kids interested in gardening is to get them engaged," said Joy Jones, Oregon State University Extension Service master gardener coordinator in Tillamook County. "Let them explore what catches their attention, especially small children."

Stimulating a child's imagination can be as simple as filling a dishpan with dirt, passing them a hand lens and letting them delve into the world that lives underground, she said. If it's gross, so much the better.

"They love that," she said with a laugh.

When teaching kids about gardening, Jones watches them blossom.

"We started a summer day camp about 20 years ago when there were kids interested in gardening, but no one was interested in being a 4-H club leader," said Jones, who is also the county 4-H youth program leader. "Some of those kids went on to careers in horticulture."

Projects vary, but a favorite is starting a miniature salad garden in a cedar box they build themselves. The kids plant fast-growing greens and perhaps onions and short carrot varieties, which are ready to harvest just in time to enter in the



KYM POKORNY
Your Garden

August county fair.

Dish gardens are popular, too. Jones said to think of a theme and go for it. One year she used blue bowls with seashells, whitewashed sand and succulents to make an ocean-themed mini-landscape. This year they'll make a forest with dinosaurs.

"The kids have things they've made that they're proud of and can take care of and share with other people," she said. "And it's not overwhelming."

The benefits of teaching children to garden are well documented. If they learn to grow their own fruits and vegetables, they're far more likely to eat them. And it gets



PHOTO BY ICLIPART

Kids are more likely to eat vegetables and fruits if they grow their own.

them outside away from their phones.

"I read recently that working in the soil releases a feel-good hormone," Jones said.

"Getting kids out working in the soil, unplugged for a while, feeling and looking and being curious is really important."

Jones' tips for gardening with kids:

- **Start small.** Don't give children too many choices or they'll get overwhelmed. Do a vegetable container or small garden plot. Allocate it just for them.
- **Opt for fast-growing plants.** Kids tend to have a short attention span, so have them plant carrots, onions, radishes and lettuce, which germinate and grow quickly. Slow-growers like corn, peppers or tomatoes will frustrate them.
- **Don't be free labor.** Teach kids how to garden and they'll be empowered to do it themselves.
- **Get scientific.** Soak a couple of different kinds of seeds overnight. Place between napkins and let them start to germinate. Have kids draw pictures of what they see.
- **Plan for success.** Plant vegetables or other plants in the right conditions and water correctly so they stay healthy and kids aren't disappointed. For containers, use a drip pan to catch water so soil doesn't dry out as quickly. Don't plant too many seeds in a pot or there won't be enough room for plants to grow.
- **Don't be in a rush.** If kids want to look at worms, let them look at worms.

MI TOWN

Last Sunday we turned the calendar page to the brand-spanking-new month of May, and what happy news for those of us who love springtime and all the goodness it brings. The flowers are blooming, there are more blue-sky days than not, and burdens somehow seem lighter when the sun shines brightly.

Celebrate Cinco de Mayo at the Independence Public Library from 6 to 7 p.m. Thursday, where everyone is welcome to get together in the meeting room to make paper flowers and other traditional crafts and enjoy treats. People of all ages are invited to this event.

Tomorrow evening, the First Thursday Adult Coloring Club meets at the Monmouth Library from 5:30 to



PATTY TAYLOR DUTCHER
Columnist

7. It's a fun, very informal group of people who have discovered that coloring and drawing is a wonderful stress reliever, and it's also lots of fun. All supplies and snacks are provided, and a good time is guaranteed.

Mark your calendars for a busy weekend, beginning with the Friends of the Monmouth Library's annual spring book sale on Friday. Friends' members pre-sale is from noon until 2 p.m. in the Library Community Room. If you're not a member, you can join right there at the

door. The sale is open to the public from 2 until 6 p.m. on Friday, and from 9 a.m. until 3 p.m. on Saturday.

The Polk County Master Gardeners' annual plant sale also begins Friday. This is a great opportunity to get a head start on spring planting, with various fruit and vegetable plants for sale at reasonable prices. Many knowledgeable people will share valuable information and answer most — if not all — of your gardening questions. (Full disclosure: I've been very happy with tomato plants and raspberry starts from this sale for many years.) Sale hours are from 9 a.m. until 4 p.m. both Friday and Saturday at the Polk County Fairgrounds on Highway 99W.

Bring your family mem-

bers and your appetites to the Monmouth Senior Center on Saturday for the monthly community breakfast. The doors open at 8:30 a.m. Prices are reasonable (\$6 for adults, \$3 for children younger than 12), servings of scrambled eggs, sausage, pancakes, biscuits and gravy are generous, and it's a great way to begin a busy weekend. See you there.

It's wonderful to see students of all ages participating in spring sports, and these athletes show us every day how hard work and competition keeps them healthy and fit. We can learn valuable lessons in teamwork and positive attitudes just from being around our kids and watching them participate in competitions around the community and state.

PEDEE NEWS

Former Pedee resident Skid Skidmore died April 26. Skid, 89, died of heart failure and dementia, peacefully and in no pain. He and his wife Juandeane moved to Pedee from Los Angeles in 1974, and lived here until 2008, when they moved to Dallas. Their children are here with Juandeane: daughter Teresa and Roy



ARLENE KOVASH
Columnist

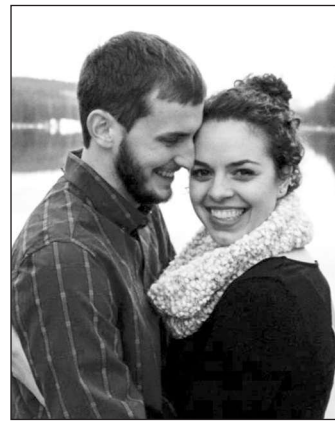
Furutani and, their two daughters Sara and Rachel

are here from Redondo Beach, Calif.; daughter Beth and Will Turtle with their children Eric, Nicole, and Gregory from Seattle; and son Scott is here from Minnesota. Skid will be buried at Womer Cemetery. Donations in his name can be made to the Pedee Women's Club, where Juandeane is still very active.

The Bethel Mountain Bluegrass Band will be in concert at the Pedee Church on May 22 at 6 p.m. They are based in Salem, have played throughout the U.S. and Europe, and are famous for their gospel harmonies. I hear they're great. You can check them out on YouTube.

ENGAGEMENTS

Snyder-Westendorf



Hannah Snyder and Mychal Westendorf, both of Corvallis, announced their engagement. The couple will be married on June 25 at Log House Garden in Keizer.

Hannah is the daughter of Julie Snyder and Brian Snyder, both of Lebanon. She graduated from East Linn Christian Academy in 2012 and from Cornerstone School of Ministry in 2014. She is

the assistant manager at G3 Sports and Fitness in Corvallis.

Mychal is the son of Dena Westendorf and Dan Westendorf, both of Dallas. He graduated from Perrydale High School in 2012 and will receive his bachelor's in forestry engineering from Oregon State University in 2016. He will work for Weyerhaeuser in Lebanon.

Westendorf-Davidson



Emily Westendorf and Ben Davidson, both of Redmond, announced their engagement. The couple will be married on July 9 at Salt Creek Saloon in Amity.

Emily is the daughter of Dena Westendorf and Dan Westendorf, both of Dallas. She graduated from Santiam Christian High School in 2014 and attends Ecola Bible School. She is a server at

Crouton's Restaurant in Redmond.

Ben is the son of Mary Davidson and Don Davidson, both of Redmond. He graduated from Redmond High School in 2011. He is working toward a bachelor's in computer science at Oregon State University Cascades. He works as an IG unit fabricator at Central Oregon Glass in Redmond.

BIRTHS

Fields

Richelle Jane Fields was born to Stacy and Jim Fields, of Salem, on April 25 at Salem Family Birth Center.

Richelle weighed 9 pounds, 7 ounces. Grandparents are Curtis and Joyce Morely, of Salem, and Jim and Esther Fields, of Independence.

Stambaugh

Tristan Alexander Stambaugh was born to Angeline Cline and Eric Stambaugh, both of Monmouth, on April 16 at Salem Family Birth Center.

Tristan was 8 pounds, 2 ounces. Grandparents are Travis and Ethel Cline; Daniel Stambaugh, of Monmouth; and Becky Porter, of Billings, Mont.

COMMUNITY CALENDAR

Continued from page 8A

TUESDAY, MAY 10

• **Overeaters Anonymous** — Noon to 1 p.m., Salem Health West Valley, 525 SE Washington St., Dallas. Support group meets in the conference room immediately inside the front doors.

WEDNESDAY, MAY 11

• **Helping Hands Emergency Food Bank** — 10 a.m. to noon, Monmouth Christian Church, 959 Church St. W., Monmouth. For eligible community members; available every Wednesday. 541-404-6517.

• **Polk County Republican Women** — 11:30 a.m., Oak Knoll Golf Course, 6335 Highway 22, Independence. No-host lunch available; everyone welcome. 503-623-5759.

• **Willamette Valley Food Assistance Program Food Bank** — 1:30 to 6:30 p.m., 888 Monmouth Cutoff Road, Building E, Dallas. Weekly distribution for eligible community members. 503-831-5634.

• **Free Blood Pressure Check Clinic** — 2 to 3 p.m., West Valley Hospital (surgery admitting area), 525 SE Washington St., Dallas. 503-623-7323.

• **Monmouth Senior Center Music Jam** — 6:30 p.m., Monmouth Senior Center, 180 Warren St., S, Monmouth. Open to the public; musicians of all types welcome. 503-838-5678.

• **Brew and BS: The Old Testament** — 7 p.m., St. Thomas Episcopal Church, 1486 SW Levens St., Dallas. A lecture series on the Old Testament. Bring brew of choice — coffee, tea, chai, beer, wine, cider. 435-503-4304.

• **Dallas American Legion Post No. 20** — 7 p.m., Academy Building, Room 108, 182 SW Academy St., Dallas. 503-831-3971.

Mothers Day Tea
Relay for Life Event
Saturday, May 7
1 to 3 pm
\$5.00 per person

Try many different teas & scones!
Bring your wedding dress no matter what shape. Prizes for oldest wedding dress, ladies who can still wear their dress and for bringing the most people.

Corner Stone Church
4395 Independence Hwy.,
Independence

Monmouth~Independence Rotary Club
STRAWBERRY SALE
From the same club that has been doing this for over 25 years.
30 lb. Container of Fresh Oregon-Grown Strawberries
\$50
Yummy, stemmed, washed, sliced, ready to eat, freeze or cook.

DEADLINE TO ORDER JUNE 1
PICKUP: INDEPENDENCE, DALLAS, or CORVALLIS

To place your order email:
strawberry@mirotaryclub.org
or call: 503-838-6687
www.mirotaryclub.org
Please leave your phone or email.
We will notify you when they're ready.
TO BENEFIT ROTARY YOUTH PROGRAMS

INDEPENDENCE CINEMA 8
450 S. 2nd St., Independence
Showtimes 503-606-3000
www.IndependenceCinema8.com

Matinees are all shows before 6pm. New pricing for matinees are: Adult \$7.25 Children \$6.75 • Senior \$7.00 Pricing does not reflect 3D showings.

Friday & Saturday May 6 - May 7

RATCHET AND CLANK (Digital) (PG)	(12:15 2:35 5:00)	7:25
THE BOSS (R)		9:35
ZOOTOPIA (Digital) (PG)	(11:40 2:10 4:45)	7:20 9:40
THE JUNGLE BOOK (Digital 2D) (PG)	(11:35 2:05 4:35)	7:05 9:25
CAPTAIN AMERICA: CIVIL WAR (Digital) (PG13)	(11:30 2:45)	6:00 9:15
CAPTAIN AMERICA: CIVIL WAR (Digital) (PG13)	(1:45 5:00)	8:15
KEANU (Digital) (R)	(12:20 2:40 5:05)	7:30 9:50
HUNTSMAN: THE WINTER'S WAR (Digital) (PG13)	(1:30 4:10)	6:50 9:25
MOTHER'S DAY (Digital) (PG13)	(11:25 2:00 4:30)	7:10 9:45

Sunday - Thursday May 8 - May 12

RATCHET AND CLANK (Digital) (PG)	(12:15 2:35 5:00)	7:25
THE BOSS (R)		9:35
ZOOTOPIA (Digital) (PG)	(2:10 4:45)	7:20 9:40
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